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RELEASED FOR PUBLICATION
FEBRUARY 6, 1931 (FRIDAY)

U.S.D.A.
BUREAU OF
HOME ECONOMICS

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Cod-liver oil is an easily available source of vitamins A and D and is useful for adults as well as children as a supplement for diets deficient in these vitamins, such vitamin-deficient diets as will be more common this winter as a result of the employment emergency and the drought, according to Dr. Hazel Munsell, Chief of the Nutrition Studies Section of the Bureau of Home Economics, U. S. Department of Agriculture.

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THE 17th CENTURY

The 17th century was a period of great change and discovery. It was a time when the world was being explored and the boundaries of human knowledge were being pushed back. The century was marked by the rise of the scientific revolution, the expansion of the British Empire, and the development of modern political thought.

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A few cents worth of cod-liver oil each day is sufficient to supplement a restricted diet so that children will grow normally and build up a resistance to rickets and tooth decay. It will give adults as well as children a greater capacity to offset infections of the eye, ear, nose and throat. This is because two of the essential vitamins, A and D, are found in cod-liver oil.

S "People living on minimum food budgets are not likely to eat enough natural foods to supply these two vitamins," Doctor Munsell said. "Liver and egg yolk are probably the richest source of vitamin D, commonly U known as the antirachitic vitamin. Milk and dairy products also contain it in smaller quantities. These same foods likewise supply A, the anti-infective vitamin, as do many vegetables, especially the green leafy ones. M Vitamin D can not be stored in the body in quantity, so the supply must be replenished from day to day.

M "Cod-liver oil is frequently referred to as bottled sunshine since direct exposure of the skin to sunlight changes one of the chemicals normally present in the skin to form vitamin D. Only certain rays do this. Most places have less sunlight in winter, and winter sunlight usually A has fewer of the rays that form vitamin D. This makes it doubly important to safeguard the vitamin D supply this winter.

"Many industrial workers that are now out of jobs live in cities. Consequently they do not enjoy the benefits of normal exposure to sunlight. The situation is more acute in cities than in rural districts since the unemployed gather in cities, less natural food is available, and anything which satisfies hunger must suffice. Because of this fact their diets, in all probability, lack some of the foods that contain

vitamin D. All these conditions make them doubly uncertain of their supply of this essential vitamin."

Cod-liver oil doesn't take the place of calcium in the diet but it has the property of stimulating the body to make use of the calcium in the food and of phosphorus as well, Doctor Munsell pointed out. In this way it controls bone development.

Other fish oils, especially tuna, sardine, menhaden, and salmon have recently been shown to contain large amounts of vitamin D, in the order named. This makes them important even though, with the exception of salmon, they only contain small quantities of vitamin A. For this reason they can not do the double duty of cod-liver oil.

The exact amounts of vitamin D found in the natural oils in which canned fish are packed has not yet been determined. They are valuable, however, and the bureau urges housewives to stop feeding them to the cat and serve them to their families instead.

In Chicago and Detroit a family of five can live by the bureau's food guide for \$6.46, ^{a week,} according to Dr. Lillian Gilbreth, chairman of the Woman's Division of the President's Emergency Committee for Employment, at whose request the food guide was prepared. Boston is the most expensive of the 13 cities in which the food prices were gathered. There the cost is \$7.23. Other cities are as follows: Pittsburgh, Pa., \$6.49; Los Angeles, California, \$6.52; Kansas City, Missouri, \$6.59; St. Louis, Missouri, \$6.66; Philadelphia, Pennsylvania, \$6.79; New Orleans, Louisiana, \$7.07; Atlanta, Georgia, \$7.10; Charlotte, North Carolina, \$7.07; New York City, \$7.17; Dallas, Texas, \$7.17.

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A FAMILY OF FIVE

including

the father, mother and three young children should buy every week:

Flour and cereal ($1\frac{1}{2}$ pounds of bread count as 1 pound flour).....	15 to 20 lbs.
Whole milk.....	23 to 28 quarts
or	
Canned unsweetened milk.....	23 to 28 tall cans
Potatoes.....	15 to 20 lbs.
Dried beans, peas, peanut butter.....	1 to 2 lbs.
Tomatoes, canned.....	3 quarts
Other vegetables (including some of green or yellow color) and inexpensive fruits.....	15 to 18 lbs.
Fats, such as lard, salt pork, bacon, margarine, butter, etc.	$2\frac{1}{2}$ lbs.
Sugar and molasses.....	3 lbs.
Lean meat, fish, cheese, eggs.....	5 to 7 lbs.
Eggs (for children).....	8 eggs

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MENU FOR ONE DAY

Breakfast

Cooked cereal	Milk
Corn meal griddle cakes	Molasses
Coffee (adults)	

Dinner

Rice pilau	Five minute cabbage
Bread	Butter or margarine
Tea (adults)	Milk (children)

Supper

Cream of peanut butter soup	Fried potatoes
Toast	Butter or margarine
Milk for all	Stewed dried peaches

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CORN MEAL GRIDDLE CAKES

1 cup corn meal	1 tablespoon sugar
$\frac{1}{4}$ cup flour	1 tablespoon melted butter
$2\frac{1}{4}$ teaspoon baking powder	1 egg
$\frac{3}{4}$ teaspoon salt	1 cup milk

Mix the dry ingredients. Beat the egg and add it to the milk and the melted butter, then pour into the dry ingredients and mix well. Cook immediately, dropping by spoonfuls on a hot griddle; cook on one side until golden brown, and turn on other side and brown.

RICE PILAU
(Turkish Pilaf, Risotto, Spanish Rice)

2 thin slices salt pork cut into bits	1/2 cup chopped celery
3/4 cup uncooked rice	4 tablespoons minced parsley
3 cups hot water	Salt
2 medium onions cut fine	Pepper
2 cups tomato juice and pulp	Paprika

Fry the salt pork until slightly browned. Add the rice which has been washed and drained, and stir with the salt pork until the rice is a golden brown. Add the hot water gradually, cover, and cook. Slightly brown the onion in a small quantity of fat, and add with the celery to the rice mixture when the rice is becoming tender. Cook 10 minutes longer. Add the remaining ingredients, place in a greased baking dish, and bake 30 minutes in a moderate oven (350° to 370° F.).

Rice Pilau is often served with creamed or curried meat, or meat warned in gravy.

Numerous variations are made of this dish as the following: Add cooked chopped meat, or grated cheese, before baking; or, omitting celery and parsley, add minced green papper; or substitute meat stock for water.

FIVE-MINUTE CABBAGE

1½ quarts shredded cabbage	2½ tablespoons flour
3 cups milk	Salt
1 cup cream or rich milk	Pepper
2½ tablespoons butter	

Cook the cabbage for 2 minutes in the 3 cups of hot milk. Add the cup of cream or rich milk, the blended butter and flour, and the seasoning and cook rapidly for 3 or 4 minutes. The result is a crisp vegetable, delicate in flavor and color.

PEANUT BUTTER SOUP

1 quart milk	2 teaspoons salt
4 tablespoons flour	1 teaspoon finely chopped onion
1/2 cup peanut butter	

Heat 3 cups of the milk in a double boiler. Mix the remaining cup of milk with the flour and peanut butter, and when this mixture is smooth pour some of the hot milk into it; then combine with the hot milk in the double boiler. Add the salt and onion and stir until the soup has thickened. Cook a few minutes longer and serve with crisp toast.

WASHINGTON D. C.

HOME ECONOMIC.

by

the Bureau of Home Economics,
U.S. Department of Agriculture, and
the Woman's Division of the
President's Emergency Committee for
Employment

— — —

Every meal--Milk for children, bread for all.
Every day --Cereal in porridge or puddings.
Potatoes.
Tomatoes (or oranges) for children.
A green or yellow vegetable.
A fruit or additional vegetable.
Milk for all.
Two to four times a week --
Tomatoes for all.
Dried beans and peas or peanuts.
Eggs (especially for children)
Lean meat, fish or poultry, or cheese.

Practical working budgets for families with annual incomes ranging from \$1250 to \$2550 have been collected recently by the Bureau of Home Economics, U. S. Department of Agriculture in cooperation with the Woman's Division of the President's Emergency Committee for Employment.

The bureau has found that the budgets developed by different organizations throughout the country were designed, in the majority of

cases, to fit the needs of the average or census family which includes a father, mother, and three children. However, a few spending plans are available for families of two, three, and four, with incomes ranging from \$1341 to \$2251. These budgets are now ready for distribution to the public.

S The allowances for food, clothing, shelter, operating expenses, and
S saving have been carefully calculated in the several budgets recommended
by the bureau, in the opinion of Dr. Faith Williams of the bureau. The
present employment emergency and the far reaching effects of the drought
U have reduced many family incomes far below their former levels and careful
budgeting is needed to meet demands, she says.

"One budget for a family of five with an income of \$1525 a year
M has proved especially helpful to the many families who have used it,"
Doctor Williams declares. "The food allowance for the year is \$638.88.
School lunches are \$14.80 and rent is \$318.00. The clothing for the
M family is as follows: father, \$55.00; mother, \$45.00; son, 14 years old,
\$40.00; daughter, 12 years old, \$43.00; baby, 3 years old, \$17.00, and up-
keep of clothes is quoted at \$15.00.

A "The sum set aside for furniture is \$41.70 and for insurance
\$28.60. Operating expenses, which include fuel, light, transportation,
school supplies, and miscellaneous, amount to \$163.77. Leisure time
activities have not been overlooked. Six dollars and sixteen cents has
been allowed for the daily newspaper, \$12.00 for church or Sunday school,
and \$56.47 for recreation. Health is allotted \$8.52 for the year and sav-
ings, \$26.00. The total comes to \$1524.90 which permits of a monthly ex-
penditure of \$127.09."

These figures apply to conditions in Cincinnati, Ohio, in January, 1931, and were prepared by the League of Women Voters of that City.

The money set aside for food in this budget is more than that which is being recommended by the bureau for the present emergency situation, Doctor Williams points out. If a family of five chooses to follow the food guide recently developed by the bureau--a diet which is entirely adequate from the standpoint of vitamins, minerals, and calories--the food allowance can be reduced to \$331.76 a year. This figure is an average, collected in 14 leading cities throughout the country, from the Atlantic to the Pacific coast.

The most recent retail food quotations, gathered by the bureau during the last week in January indicates that the cost is tending downward. The average cost is \$6.55 for filling a week's market basket for a family of five--as outlined below. Pittsburgh is the least expensive with a price of \$5.88 and New York City is \$7.03. The other cities in which the prices were obtained are listed as follows: Detroit, \$6.23; Chicago, \$6.31; St. Louis, \$6.33; Los Angeles, \$6.37; Philadelphia, \$6.39; Kansas City, Mo., \$6.54; Dallas, \$6.55; Charlotte, N. C., \$6.62; Boston, \$6.74; Washington, D. C., \$6.89; New Orleans, \$6.91; Atlanta, \$6.97.

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A FAMILY OF FIVE

including

father, mother and three children should buy every week:

Flour and cereal (1-1/2 lbs. bread equals 1 lb. cereal).....	17 - 24 lbs.
Whole fresh milk.....	23 - 28 qts.
or	tall
Canned unsweetened milk.....	23 - 28 cans
Potatoes.....	15 - 20 lbs.
Dried beans, peas, peanut butter.....	1 - 2 lbs.
Tomatoes, fresh or canned or citrus fruit.....	6 lbs.
Other vegetables (including some of green or yellow color), and inexpensive fruits.....	15 - 18 lbs.
Fats, such as lard, salt pork, bacon, margarine, butter, etc.	2 1/2 lbs.
Sugar and molasses.....	3 lbs.
Lean meat, fish, cheese, eggs (1 doz. eggs approximates 1 lb.).....	5 - 7 lbs.

Eggs (for children)..... 8 each
Coffee..... 1 lb.
Tea..... 1/4 lb.

* * * * *

MENU

Breakfast

Cooked cereal with Raisins
Coffee (for adults) Milk (for children)

Dinner

Vegetable Loaf with Tomato Sauce - Baked potatoes
Graham Bread - Raw Cabbage Salad
Cocoa for All

Supper

Quick Turnip Soup
Corn Bread
Apple Sauce with Lemon
Tea (for adults) Milk (for children)

VEGETABLE LOAF

3 tablespoons melted butter or other fat	1/2 cup chopped nuts
2 cups soft bread crumbs	4 tablespoons liquid from
1 cup chopped cooked celery	cooked vegetables
1 cup diced cooked carrots	2 eggs, beaten
1 cup cooked or canned peas, or string	1 teaspoon salt
beans	Pepper

Mix the fat with the bread crumbs, and reserve about 1/4 cup for the outside of the loaf. Mix together all the ingredients, form into a loaf on a sheet of greased paper, cover the surface with the crumbs, place on a rack in an uncovered pan, and bake in a moderate oven for 30 minutes. The loaf should be hot through and the crumbs golden brown. Serve with tomato sauce.

PLAIN TOMATO SAUCE

2 cups canned tomatoes	1 teaspoon sugar
1 bay leaf	2 slices onion
1/2 to 3/4 teaspoon salt	2 cloves
2 allspice	1/8 teaspoon pepper

Cook the ingredients for 10 minutes. Strain through a fine sieve. Measure the liquid. For each cup of liquid allow 2 tablespoons flour and 2 tablespoons butter. Melt the butter, add the flour and when they are thoroughly blended add the seasoned tomato juice and stir until thickened. Place over hot water for 5 or 10 minutes. Serve hot with croquettes or meat loaf.

QUICK TURNIP SOUP

4 cups milk	1 tablespoon flour
2 cups grated raw turnip	2 tablespoons butter or margarine
1 $\frac{1}{4}$ teaspoons salt	1/2 teaspoon parsley, cut
1/2 teaspoon grated onion	very fine

Heat the milk in a double boiler, add the flour and butter, which have been well blended, then the turnip, the onion, and the salt. Cook until the turnip is tender, or for about 10 minutes. Sprinkle the parsley in the soup just before serving.

With this soup, serve toasted cubes of bread or croutons. An easy way to make croutons is to spread slices of bread lightly with butter. Cut each slice into strips, then into cubes. Brown the cubes in the oven.

CORN BREAD

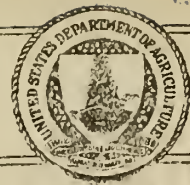
2 cups corn meal	2 teaspoons salt
1/2 teaspoon soda	2 cups sour milk
2 teaspoons baking powder	2 eggs
2 tablespoons melted fat	

Sift the dry ingredients and add the milk. Add the well-beaten eggs and the fat. Pour into a very hot well buttered pan. Bake from 40 to 50 minutes in a hot oven (400° to 425° F.)

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U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service



WASHINGTON, D. C.

RELEASED FOR PUBLICATION
FEBRUARY 20, 1931 (Friday)

THE MARKET BASKET

by

the Bureau of Home Economics,
U.S. Department of Agriculture, and
the Woman's Division of the
President's Emergency Committee for
Employment

FAMILY FOOD GUIDE

:	:
:	:
:	:
:	Every meal---Milk for children, bread for all.
:	Every day---Cereal in porridge or puddings
:	Potatoes.
:	Tomatoes (or oranges) for children.
:	A green or yellow vegetable.
:	A fruit or additional vegetable.
:	Milk for all.
:	Two to four times a week--
:	Tomatoes for all.
:	Dried beans and peas or peanuts.
:	Eggs (especially for children).
:	Lean meat, fish or poultry, or cheese:
:	:

"Serve wheat to your families" is the advice given to the women
N of the country by the Bureau of Home Economics, of the U. S. Depart-
E ment of Agriculture, in its low-cost feeding program outlined at the
W request of the Woman's Division of the President's Emergency Committee
S for Employment.

Wheat is inexpensive and has the additional advantages of being
a food that satisfies the appetite and an excellent source of many of

the elements so necessary for good nutrition, the bureau points out. The housewife's use of ^{the} whole-wheat grain has heretofore been almost entirely limited to flour and a cooked breakfast cereal.

S Former President Coolidge recently entertained a member of the Federal
Farm Board for breakfast, at which wheat and rye porridge was the cereal. His
U recipe for this seldom-used dish was two parts of wheat and one of rye, put
in a double boiler and cooked whole until the kernels burst. The former
M President's enthusiasm for wheat porridge has aroused a new interest in this
revised version of an ancient dish. It is a well-known fact that Caesar's
M conquering legions did their fighting with boiled wheat as their principal
ration. Wheat porridge is just as good without the rye, in the estimation of
A Dr. Louise Stanley, Chief of the bureau.

Many other appetizing ways of utilizing the cooked whole wheat have
R been developed by the bureau. It can be combined with meat, fish, or vege-
tables and served as the main dish of a meal. It can be used as you do cooked
Y rice, as in stuffed peppers. The flavor is similar to that of nuts and if
properly cooked the grain retains its shape. These recipes can be secured
at the bureau.

A family of ten with three adults and seven children can fill a week's
market basket as outlined by the food guide for an average cost of \$12.37.
This is a minimum allowance of food which the bureau says can not be lowered
with safety unless supplemented by products raised at home. They urge, rather,
an increase in the various items wherever possible and suggest that the guide
be used as a foundation for a more extensive diet.

The cities in which the figures were gathered to calculate the above
cost are given in the order of the value of a week's market basket for a

family of ten: Los Angeles, \$10.60; Kansas City, Missouri, \$11.76; Chicago, \$11.79; St. Louis, \$11.87; Detroit, \$11.95; Philadelphia, \$12.06; Pittsburgh, \$12.13; Boston, \$12.52; New York City, \$12.88; New Orleans, \$12.89; Charlotte, \$12.92; Washington, D.C., \$13.07; Dallas, \$13.07; Atlanta, \$13.69.

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A FAMILY OF TEN
including

three adults and seven children should buy every week:

Flour and cereal (1-1/2 lbs. bread equal 1 lb. cereal)	30-40 lbs.
Whole fresh milk	43-56 qts.
or	tall
Canned unsweetened milk	43-56 cans
Dried beans, peas, peanut butter	2-5 lbs.
Tomatoes, fresh or canned or citrus fruit	12 lbs.
Other vegetables (including some of green or yellow color), and inexpensive fruits	30-40 lbs.
Fats, such as lard, salt pork, bacon, margarine, butter, etc.	6 lbs.
Sugar and molasses	7 lbs.
Lean meat, fish, cheese, eggs (1 doz. eggs approximates 1 lb.)	10-14 lbs.
Eggs (for children)	8 each
Coffee	1 lb.
Tea	1/4 lb.

MENU FOR ONE DAY

Breakfast

Stewed Prunes	Toast
Cooked Cereal and Top Milk	
Coffee (for adults)	Milk (for children)

Dinner

Whole wheat, Fish, and Tomatoes	
Spinach	Baked Potatoes (for children)
Apple Sauce	

Supper

Cream of Vegetable Soup	
Potatoes Au Gratin	
Oatmeal Cookies	
Tea (for adults)	Milk (for children)

Note: These recipes serve 5 people

METHODS OF COOKING WHOLE WHEAT

Sort the whole wheat grains and wash thoroughly. For each cup of wheat add $1\frac{1}{2}$ cups of water and soak over night.

WHEAT COOKED OVER DIRECT HEAT

In the morning add 3 cups of water and 1 teaspoon of salt to each cup of soaked wheat. Boil gently for $3\frac{1}{2}$ hours or until tender and no uncooked starchy flavor. If necessary, add more boiling water during the cooking to keep the right consistency.

STEAMED WHEAT

In the morning drain the wheat and place in a thin layer in the top of a steamer. The water must be kept boiling in the lower part of the steamer and it is necessary to add boiling water during the cooking period. Steam the wheat for $3\frac{1}{2}$ hours. Sprinkle salt over the wheat before serving.

WHEAT COOKED IN THE FIRELESS COOKER

In the morning add 1 cup of water and 1 teaspoon of salt to each cup of soaked wheat. Place in a kettle and bring to the boiling point over direct heat. Cover, and place in a kettle between the hot stones. After 3 hours, reheat the stones and cook the wheat for $2\frac{1}{2}$ hours longer.

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Wheat cooked in any of these ways may be served as a breakfast cereal, or combined with other foods.

WHOLE WHEAT, FISH, AND TOMATO

$\frac{1}{2}$ pound canned fish	1 teaspoon salt
1 quart canned tomatoes	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ cup chopped celery	2 cups cooked whole wheat

Drain the fish, reserve the liquid and flake the fish into small pieces. Cook the tomatoes, celery, and fish liquid until the mixture is fairly thick. Add the seasoning, wheat, and fish, and cook a few minutes longer and stir to blend well. Serve on crisp toast.

CREAM OF VEGETABLE SOUP

2 tablespoons finely chopped rutabaga turnip	2 tablespoons melted butter or other fat
2 tablespoons finely chopped carrots	1 tablespoon flour
2 tablespoons finely chopped onion	1 quart milk
2 tablespoons finely chopped celery	1½ teaspoons salt

Cook the finely chopped vegetables in the fat for 10 minutes, add the flour, and stir until all are well blended. In the meantime heat the milk in a double boiler, add a little of it to the vegetable mixture, stir well, combine with the rest of the milk, add the salt, and cook for 10 minutes. The flavor is improved if the soup is allowed to stand for a short time to blend before serving. Reheat and serve.

POTATOES AU GRATIN

1½ cups milk	¼ pound cheese, grated
2 tablespoons flour	4 cups cooked diced potatoes
2 tablespoons butter or other fat	1 cup buttered bread crumbs
1 teaspoon salt	

Prepare a sauce with the milk, flour, fat, and salt. Add the cheese, and stir until melted. In a shallow greased baking dish place the potatoes, pour the cheese sauce over them, and cover the top with the buttered bread crumbs. Bake in a moderate oven (350°F.) for 20 to 30 minutes, or until the crumbs are golden brown and the potatoes are thoroughly heated. Serve from the baking dish.

OATMEAL COOKIES

1½ cups flour	1/3 cup cooking oil
½ teaspoon salt	½ cup chopped raisins
½ teaspoon cinnamon	1½ cups oatmeal
½ teaspoon soda	1 egg
1 cup sugar	7 tablespoons milk

Sift the flour, salt, cinnamon, and soda. Mix the sugar with the oil, and the raisins with the oatmeal. Put all these ingredients together and add the beaten egg and the milk. Stir until well mixed. Drop by teaspoonfulls on greased pans, about 2 inches apart. Bake in a moderately hot oven from 10 to 12 minutes or until lightly browned. This makes 3 dozen cookies.

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INFORMATION FOR THE PRESS



U. S. DEPARTMENT OF AGRICULTURE
Office of Information
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RELEASED FOR PUBLICATION
FEBRUARY 27, 1931, (FRIDAY)

WASHINGTON, D. C.

U.S.D.A.
BUREAU OF
HOME ECONOMICS

THE MARKET BASKET

by

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U.S. Department of Agriculture, and
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FAMILY FOOD GUIDE

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: Every meal--Milk for children, bread for all.
: Every day---Cereal in porridge or puddings.
: Potatoes.
: Tomatoes (or oranges) for children.
: A green or yellow vegetable.
: A fruit or additional vegetable.
: Milk for all.
: Two to four times a week--
: Tomatoes for all.
: Dried beans and peas or peanuts.
: Eggs (especially for children).
: Lean meat, fish or poultry, or cheese.
:

FEED CHILDREN BANANAS AND CABBAGE SAYS FEDERAL BUREAU

Bananas and cabbage as well as the more familiar bread and carrots can be and should be included in the diet of a two-year-old child, according to Mrs. Rowena Schmidt Carpenter, specialist in child nutrition of the Bureau of Home Economics, U. S. Department of Agriculture.

Mrs. Carpenter again emphasizes the importance of milk in the low cost diet, calling it the best single food for the growth of children since it builds bones, teeth, and muscle. Mothers are safe in buying a good grade of fresh raw milk and boiling it over the open fire for three minutes, or heating for twenty minutes in a double boiler. Whichever way the milk is heated it must be cooled quickly.

Unsweetened canned milk may also be used for part or all of the supply if the cost of fresh milk is prohibitive during the stress of unemployment. Its food value is similar to that of fresh whole milk, but if canned milk is used over a long period of time, the diet should include more raw fruits, tomatoes, and vegetables.

"We used to think that little children should have a very simple supper of cereals," Mrs. Carpenter said. "Now we include vegetables and fruits in the evening meal, keeping the heavy protein dish for noon."

So many families with one young child have appealed for help in budgeting their food money that the bureau has gathered prices for a father and mother and a two-year-old child. If this family group buys a week's supplies as outlined in the food guide, the average cost for the country is \$5.70.

Dr. Hazel Stiebeling, food economist of the bureau, who prepared the food guide, points out that it is intended for families with low incomes. As it stands, it offers the maximum return in nutritive values for each dollar spent and can be followed safely, provided the various items are not reduced. Whether or not the housewife can purchase the foods for the prices quoted depends on her care in getting the most for her money. She needs to buy staple articles in as large quantities as practicable and should buy perishables frequently to avoid waste.

The range in the price of bread is responsible for most of the variation in the cost of the week's market basket for this family of three as quoted above.

Ten. one-pound loaves of white bread cost anywhere from forty-five cents in Kansas City to ninety cents in Washington, D.C.

Following are listed the cities where the figures were gathered in the order of the expense/^{of} filling the market basket for a family of three:- St. Louis, \$5.31; Chicago, \$5.33; Kansas City, \$5.44; Pittsburgh, \$5.47; Detroit, \$5.57; New Orleans, \$5.66; Philadelphia, \$5.69; Atlanta, \$5.88; Boston, \$5.88; Dallas, \$5.89; Charlotte, \$5.92; New York City, \$5.97 and Washington, D.C., \$6.10.

A FAMILY OF THREE

including

father, mother, and two-year-old child should buy every week:

Bread	10-15 lbs.
Flour	1- 2 lbs.
Cereal	3- 4 lbs.
Whole fresh milk	9-14 lbs.
or	tall
Canned unsweetened milk	9-14 cans
Dried beans, peas, peanut butter	1- 2 lbs.
Potatoes	8-10 lbs.
Tomatoes, fresh or canned, or citrus fruit	4 lbs.
Other vegetables (including some of green or yellow color). and inexpensive fruits	12-14 lbs.
Fats, such as lard, salt pork, bacon, margarine, butter, etc.....	2 lbs.
Sugar and molasses	3 lbs.
Lean meat, fish, cheese, eggs (1 doz. eggs approximates 1 lb.).....	3- 5 lbs.
Eggs (for children)	3 ea.
Coffee	1 lb.
Tea	1/8 lb.

MENU FOR ONE DAY

Breakfast

Ripe Banana

Cooked Cereal with Top Milk

Coffee (for adults)- Milk (for child)

Lunch

Split Pea Soup

Brown Bread Toast

Applesauce

Milk for All

Dinner

Liver and Rice Loaf
and
Creamed Cabbage

OR

Creamed Fish with Vegetables
and
Stewed Tomatoes

Chocolate Cornstarch Pudding
Tea (for adults) - Milk (for child)

SPLIT PEA SOUP

2 cups green split peas
Cold water
1 large onion, sliced
4 tablespoons butter or other fat
2 tablespoons flour

1 pint milk
2 teaspoons salt
Dash of pepper
Lemon
Parsley, finely chopped

Pick over the peas, wash well, and soak overnight in 1 quart of cold water. In the morning, add 1 more quart of water and the onion, cover, and simmer for about 1-1/2 hours, or until the peas are soft. Press the peas and onion through a fine sieve, and save all the liquid. Blend the fat and flour, add the milk, and stir until thickened. Mix with the pea pulp and liquid, season, and serve when hot. If the soup becomes too thick, add more milk to give the right consistency. Lay a thin slice of lemon with finely chopped parsley over the top in each plate of soup just before it goes to the table.

LIVER AND RICE LOAF

1/2 cup rice
4 cups boiling water
1 pound sliced liver
2 tablespoons butter or
other fat
1 small onion, chopped fine

1 cup chopped celery
1/4 cup chopped parsley
2 tablespoons flour
1 cup tomato juice and pulp
2 teaspoons salt

Cook the rice until tender in boiling water and do not drain; but let the rice absorb the water so as to form a sticky mass which will act as a binder for the loaf. Wipe the liver with a damp cloth and remove the skin. Sprinkle the liver with salt and flour, and cook in the butter in a skillet for about 3 minutes. Remove the liver, and grind or chop it very fine. Cook the onion, celery, and parsley in the drippings for a few minutes, add the flour and tomato, and stir briskly until thickened. Then mix all the ingredients until thoroughly blended, form into a loaf with the hands. Place on parchment paper on a rack in an open roasting pan, and bake about 30 minutes in a moderate oven (350°F.)

CREAMED CABBAGE

3 cups milk	4 tablespoons flour
1-1/2 quarts shredded cabbage, packed	4 tablespoons melted butter or other fat
	1 teaspoon salt.

Heat the milk and cook the cabbage in it for 2 minutes. Add the blended flour and butter and the salt. Cook for 3 or 4 minutes and stir constantly. The cabbage retains its crispness and is delicate in flavor and color.

CREAMED FISH WITH VEGETABLES

1 pound fish, cod, halibut, or salmon	1 finely chopped onion
1 quart milk	4 tablespoons butter
2 cups diced potatoes	3/4 cup flour
1 cup diced carrots	2-1/2 teaspoons salt
	1 tablespoon chopped parsley

Simmer the fish in a small quantity of water about five minutes. Drain and remove the skin and bones and flake the fish. Cook the potato and carrots until tender and drain. Mix the flour with a small quantity of cold milk, and stir into the heated milk to which the onion, salt, and butter have been added. Cook until thickened. Add the vegetables, and the fish, cook for a few minutes longer, sprinkle a little parsley over the top, and serve. Canned fish may be used. It does not need the preliminary cooking.

STEWED TOMATOES

1 No. 2 can tomatoes	Salt
A little chopped onion	Pepper
1/4 cup fine dry bread crumbs	Butter or other fat

Cook the tomatoes and the onion about 10 minutes, add the bread crumbs. Salt and pepper to taste, and cook for a few minutes longer. Add the fat just before serving.

CHOCOLATE CORNSTARCH PUDDING

6 tablespoons cornstarch	1/2 cup sugar
4 tablespoons cocoa or	1/4 teaspoon salt
1 square unsweetened chocolate	1 quart milk
melted in the milk when heated	1 teaspoon vanilla.

Mix the cornstarch, cocoa, sugar, and salt thoroughly. Pour the milk which has been heated in a double boiler into this mixture. Return to the double boiler, stir until thickened, cover, and cook for 20 minutes. Remove from the fire, beat well, and add the vanilla. Pour into a wet mold; chill, and serve plain or with a custard sauce.

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